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HITTING BACK AGAINST BRAIN INJURY

WESTERN'S SYMPOSIUM ON CONCUSSIONS SEEKS WAYS TO REDUCE HEAD TRAUMA, AND DEATHS, AMONG ATHLETES

PAGE 21

Vote early, vote online?

Not for the time being, London officials say, citing security concerns and other issues PAGE 2

Egypt in state of emergency

More than 200 people die after a government crackdown on supporters of ousted president Mohammed Morsi PAGE 8

Glamping? Yurt welcome

Two Metro reporters brave the wilds of king-size beds, fluffy pillows and Pinot Noir. But have they lost their wilderness cred? PAGES 6 & 7

NEWS WORTH SHARING.

They work for you, so what do they do?

Opencouncil.ca.
Activists turn spotlight on politicians with new online info service

MIKE DONACHIE
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Do you know what your city councillors do with their time?

What are their views on public transit? Or health? How about how many times they've turned up for committee meetings, or how they voted on important issues?

Nope. Thought not.

Even the most informed voter can have trouble getting detailed information when they're deciding whom to vote for.

A group of London activists is out to change that through a new online system called the Open Council, to be set up by volunteers on Saturday. It's the brainchild of Gavin Blair, and it's all about how he thinks city councillors could be doing their jobs better.

"Every time I hear anything about city council, it's terrifying how it seems little effort goes into doing a good job," Blair, 28, said.

Gavin Blair METRO

Money for the project — which will be brought to life at Hacker Studios — came from a $2,600 crowd-funding campaign on Indiegogo. The idea is to get "actual information," Blair said, instead of information that has been filtered through the media or word of mouth.

The site will record votes — sorted by topic, meeting and politician — using data from the city's SIRE public-access system. Although the data is already available online, the idea is to make it easier to understand.

It's a simpler task than it looks. Once the domain and server for opencouncil.ca are set up, and it's been designed and developed, the system should pretty much run itself, harvesting data from SIRE.

"It seemed like something that should already exist, but it doesn't," Blair said. "There are a lot of political discussions that fly around the office. I want to know what's going on, so I need more information."

But getting that information through more traditional means isn't always easy, he said.

"I fall asleep," Blair said with a smile. "I can't listen to the council proceedings. There's such a huge barrier to entry."

Civic improvement

"I'm really hoping that, through this, people will have more information for voting so they can vote in a better city council."

Gavin Blair, mastermind behind the new council-tracking website

GAME'S ON!

Who's getting ready to roll the dice on a series of exciting new projects? Turn to page 4 and meet the London inventor whose job is child's play every day. MIKE DONACHIE/METRO

NEWS 1

Rookie hits his stride

Fernando Mendoza, 9, legs out a base hit Wednesday during the finale of the 20th Rookie League season at Labatt Park. Rookie League baseball is made up of 70 children between the ages of eight and 11 years old, giving them the opportunity to experience the game of baseball. The teams are coached by police officers who volunteer their time and the league is sponsored by community partners including Joe Kool's, London and Middlesex Housing Corporation, the London Majors, Forest City Youth Slo-Pitch and the London Police Service.

SCOTT TAYLOR/METRO

Cost, security dampen online voting enthusiasm

Electing to wait. Many questions to be answered before London follows suit, clerk says

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Leamington residents will be able to cast ballots in their next municipal election by doing nothing more than tapping a mouse from the comfort of their own home.

But Londoners may have to wait a while before they get that luxury.

Leamington's decision to allow online voting was based on a number of factors, officials say, not the least of which was the opportunity to reverse a trend in many municipalities of voter apathy.

London city clerk Cathy Saunders wouldn't rule out a similar move locally for the 2014 election, but said there are many questions that have to be answered before a go-ahead could be given.

"We still remain somewhat concerned with the online voting," she said. "We still have some security concerns.

"There hasn't been any court challenges as of yet with respect to recount on Internet voting, and I'm a little concerned about if there was a recount."

Huntsville gave online voting a try in 2010, but will ditch it for at least the next election due to security concerns and various technical issues.

Another fly in the ointment is an Elections Ontario report that says online voting hasn't been proven to increase turnout.

Saunders said the information she has gathered is equally dismal.

"It's quite costly, for one thing, and the research that we've found has not indicated that it results in an increase in turnout or an increase in young voters," she said.

The cost, she added, would come primarily from building the required online system. Once that's done, it would be easier to manage the next time around.

"But you really have to weigh the cost of that initial setup against what research has shown us about voter turnout," she said. "I would never use it as the sole means of voting because what if we had an Internet crash on Election Day — what would you do?"

Quoted

"We still remain somewhat concerned with the online voting." City clerk Cathy Saunders

Does a click get your vote?

Metro London asked people if they'd be more likely to vote if they could do it online. Here's what two of them said:

"I don't think I would because I like keeping things traditional. I like going into the booths, and writing on the ballot. I don't think (people will) take it as seriously."

Edgardo Perdomo, 20

"I would. Now that everyone has smartphones, everything is done there already. This is the changing of the times. People are always moving around, and now they can vote from where they are."

Mimi Moreira, 22

COMPILED BY JEREMIAH RODRIGUEZ/ FOR METRO

Museum London getting into art rental biz

Artists in London have been urged to grab a chance that will see their work displayed around the city.

Museum London is about to launch a new art rental service, and has appealed for artists to join in.

The idea is that people can pay to display creations by some of the city's most talented minds. Costs should be in the hundreds of dollars, with part of the money going to the museum and part to the artist, and art can be kept for months or even years.

"Right now the art-rental sales shop is looking for artists to submit their work," marketing co-ordinator Matt Thomas explained. "We hired a new manager, Deborah Worsfold, who's going to oversee this shop and choose the artists who are going to be represented."

He added: "The benefits are local artists have a new way to get their artwork out. The museum can also make money as this is a revenue-generating project, and homes and businesses can have some of London's art to enjoy." MIKE DONACHIE/METRO

To get involved

The museum is also asking artisans to come forward with crafts for sale, and volunteers for the shop. Visit museumlondon.ca for more information.

Metal detectors. Look out for copper crooks on bridges, city asks

Copper thieves are making the rounds at city bridges, officials say.

In the past two weeks, city staff say, attempts have been made to remove copper wire and aluminum cover plates from light standards on several bridges, including the Guy Lombardo Bridge on Wonderland Road, the Queens Avenue bridge near Museum London and the Wellington Road bridge south of downtown.

Staff is asking that people be on the lookout for signs of suspicious activity.

People should call London police or dial 911 if a crime is in progress. Damaged junction boxes or streetlight and traffic signal outages should be reported to the city at 519-661-2641.

METRO

Budget gap means fee hikes for some police services

New fees on Sept 1.
Force looks to bring in $400K with changes

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The London Police Service is increasing the price tag on a number of services in an attempt to recoup some of the more than $600,000 that was slashed from its 2014 operating budget.

The increases — expected to bring in $400,000 — will take effect Sept. 1.

Chief Brad Duncan said in June that the force hasn't been charging enough for services such as accident reports, background checks, photography and fingerprinting. Some of those services are being offered for free, while the cost of others is less than what most police departments across the province are charging.

Duncan stressed that fee increases won't include screening checks for vulnerable-sector employment and volunteer positions. Those categories may be looked at again in the future, though.

"In consultation with the (police services) board, we had to look at revenue streams to offset that (budget) impact because we have programs to run, we have equipment and training and those types of things to purchase relative to the service," Duncan said.

The obvious place to look for more revenue, he added, was user services.

"In many cases, we were doing things for free, notwithstanding it would actually cost us to take care of some of the requests," he said. "So we reviewed it and we put out a fee structure (Tuesday) that is reflective of what we think we'll be able to offset our budget with."

The chief said the fee increases were based on what it actually costs the department to complete the service, and he pointed out the province does much the same thing.

"We pay provincial taxes, but you don't get your driver's licence for free," Duncan said. "You don't get your validation charge for free. And we charge the fee to the person who requests that specific service, not the general public."

Prepare to pay more

Of a list of 45 services provided by police, 22 will see increases next month. They include:

- Local criminal records check: To $50 from $5
- Collision reconstruction report: To $3,000 from $1,200
- Insurance claim report: To $50 from $40

Painting the town red, and yellow, and blue, and ...

After a summer of hard work and creativity, a new mural was unveiled by its artists in north London Wednesday. The project, led by the city, was completed by six young women in collaboration with artist Darryn Rae. There was funding for the Medway Community Centre mural from the city, London Arts Council, London Community Foundation, a private funder and the Northwest London Resource Centre. From left: Rae with artists Tinsae Haile, Kimiko Edwards, Sarah Carstensen, Shayma Aklaissy, Maggie Steeper and Hailey Jepsen, with project leader Miranda Houben.

MIKE DONACHIE/METRO

Prizes. Program aims to build support in Argyle

Want to see the London Knights for free?

The people behind the Argyle Business Improvement Association are betting you do, because they're giving away tickets as part of a new initiative.

The association is out to encourage more people to shop in London's east end with its Aug. 26 to 30 event.

People are being asked to sign up in more than 60 participating locations including M&M Meat Shops, Bulk Barn and Staples. That gives them the chance to win prizes including $500 off the price of a car, $250 in Argyle BIA Bucks and those two Knights tickets, which come with a signed jersey.

Visit argylebia.com for more information.

MIKE DONACHIE/METRO

Free event. Open house targets job seekers

How about a side of mustard with that job advice?

Fanshawe College's Community Employment Services has joined forces with London-Fanshawe MPP Teresa Armstrong and Trinity United Church for a free open house next week.

Local entertainment, kids activities and, of course, food are on the bill for the Aug. 21 event. People will also get an overview of the kind of job search, resumé, interview and job-placement help the program offers.

It runs from 11 a.m. to 2 p.m. at 155 Clarke Rd. METRO

On the web

For more local news visit metronews.ca

Public input. Finance minister hitting the road

Ontario Finance Minister Charles Sousa is set to start a "tour across the province" to get input on ways to increase jobs and economic growth, eliminate the deficit and make public services more efficient.

Sousa made the announcement days after Statistics Canada released data that shows Ontario is continuing to lag behind the national average when it comes to unemployment.

The unemployment rate nationally was 7.2 per cent in July, while Ontario's was 7.6 per cent.

As part of his cross-province tour, Sousa says he'll be "looking for Ontarians' views on our public services to discuss what can be performed more efficiently, and where outcomes can be improved, what we can do to stimulate job creation and job growth."

TORSTAR NEWS SERVICE

Let's play! Don Reid, founder of games company Wiggles 3D, with some of the products out now or about to be released. MIKE DONACHIE/METRO

When play becomes work

Dream job. Pirates, aliens, ninjas and zombies are all part of this man's working day

MIKE DONACHIE
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What do you do when aliens invade? Call in the army.

Troubled by pirates? Look for a ninja.

Likewise, you might want a robot to deal with your dinosaur problem or even a wrestler to beat off those pesky zombies.

These are the thoughts that run through Don Reid's head every day. As president of London games company Wiggles 3D, he leads the way in fun.

The company, which has six staff at its headquarters on Gainsborough Road, is about to roll the dice on a set of new games.

With games clubs and stores growing across Canada and the massive growth of online play, Wiggles 3D is staying at the head of the pack.

The company makes traditional tabletop games, plus syndicated newspaper puzzles and, for the last two years, games apps. It now has eight apps and many of its games can be found via the Shockwave and Yahoo gaming platforms.

Reid said: "The idea is that, as game players migrate and change their patterns of how they want to play, we want to make sure we go where the market is going."

But even the games on the shelf are designed to be different.

The plan is they will stand out enough to catch the eyes of shoppers.

"We're looking at games that break through the normal wall in the box aisle and do something innovative," said Reid, surrounded by colourful products. "We want something that's visually very different."

They've broken down games into about a dozen categories, like word games, trivia and strategy, and the business plan involves having a game competing in each area.

Their inventive products include Eye Know, a visual trivia game, and the relaunch of its word tile game Lexigo, which lets players make words moving in any direction. The twist is that its packaging is also the bag that tiles are drawn from, making it storage and play in one.

The staff of Wiggles 3D are busy preparing for product launches in the fall, and are looking ahead to Christmas and beyond.

Reid laughs as he quotes Wayne Gretzky: "I skate to where the puck is, not to where it's been."

Got game

With as much game as the big guys, here's a look at some of the new things Wiggles 3D has coming to the market:

- **Army vs. Aliens: Dice game for boys ages seven to 11.** It's evolved into Pirates vs. Ninjas, Robots vs. Dinosaurs and, new for fall, Zombies vs. Wrestlers. It helps dads to introduce their children to a simple strategy game and, with dice rolled out of plastic tubes, it has packaging that snaps together to make it portable.
- **Fingertips: Picture game for three- to five-year-olds.** It has hand shapes with various animals on the tips of the fingers. The idea is to match them like dominoes, but kids can also play snap or memory games. In a new product launch this fall, Wiggles 3D is producing hand cards with human characters on them, too.
- **Zipperoos: Plush toys with a zipper on the back and, to be hidden inside, a game themed for each animal.** A brand new idea, it is about to launch with Monkey's Wild and Frantic Frog, but several others are waiting in the wings. Like many of the London company's products, storing the game is part of the toy.

Province

Tories planning contempt motion against Liberals

Accusing the government of "stonewalling" in the power plant scandal, opposition parties are threatening a new contempt charge that could freeze Ontario's legislature when it resumes next month.

The warnings raise the spectre of a showdown of the type that prompted former premier Dalton McGuinty to suspend parliament last October — unless MPPs are allowed to ask questions about Liberal emails appearing to "bully" the Speaker of the legislature into changing a contempt ruling in September 2012.

At issue is a decision last week by Liberal MPP Shafiq Qaadri, chairman of the committee probing the power plants axed before the 2011 election.

He ruled MPPs cannot ask questions about emails from senior McGuinty aides last September.

They wrote about the need to urge Speaker Dave Levac into reversing a ruling that found then-energy minister Chris Bentley in a breach of parliamentary privilege for refusing to release secret documents into the plant closings for four months.

TORSTAR NEWS SERVICE

Widening divisions

Tory chastises colleagues over proposed Hudak leadership review

Divisions within Ontario's Progressive Conservative caucus over the party's leader appear to be widening as a longtime MPP chastised two of his colleagues for calling on Tim Hudak to submit to a leadership review.

Tory house leader Jim Wilson says it's just a "sideshow" from a small group who "need their heads examined" if they think it's helping the party. The movement was started by Tories in London. Wilson says some people can't understand that they didn't win the leadership — an apparent reference to Frank Klees and Randy Hillier, who ran against Hudak in 2009.

THE CANADIAN PRESS

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There is no definitive glamping experience, with accommodations ranging from simple tents to extravagant stays costing $10,000. From left: REO Rafting in B.C., Fireside Resort in Wyoming and Clayoquot Wilderness Resort in B.C. CONTRIBUTED

What on yurt is this?

Glamping. Like regular camping's cousin, but with more glitter

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You're lying in your tent, a little thirsty.

If you throw on your boots and head to the pot of purified water by the fire pit — you're camping.

If you ring the bell on your bedside table and ask the butler for a wine spritzer — you're glamping.

Glamping — glamorous meets camping — is the kind of vacation that straddles two worlds: The rugged outdoors and keep-your-hands-clean comfort of home.

"The idea started when the British would go down to Africa for safaris and they would have their big luxurious canvas tents, pack a bed," said Ruben Martinez, co-founder of GlampingHub.com. "To the best of our knowledge, that's where the idea started and over the last few years the trend has grown."

Sometimes, the difference between camping and glamping is little: A canvas tent and a real bed, versus nylon and a bedroll. But most anything can be glamping if it's not a traditional house, hotel, RV or cabin and provides immediate access to nature.

"These places keep popping up," Martinez said. "They range from relatively simple tents, tree houses, yurts to the really extravagant."

How extravagant?

"Some of these places have butlers, they have wine service, fantastic views, king-sized bed — you name it," he said. "Some of these places can be pretty ridiculous."

One of Canada's most glamorous is the Clayoquot Wilderness Resort.

"We're in the heart of Clayoquot Sound in the middle of the UNESCO world biosphere," said Katherine MacRae, director of marketing for the resort. "We're 40 minutes by boat to the closest town and there's no road access."

The all-inclusive resort includes the seaplane trip from Vancouver, locally sourced five-course meals with wine pairings and activities.

"We have world-class salmon fishing out here, horseback riding is one of our big adventures," said MacRae, adding there's also a spa, hiking, skeet shooting, kayaking, archery, rock climbing and paintball.

MacRae says her resort was the original North American tented safari. An all-inclusive tent for two costs $9,500 for three nights.

Canada has its fair share of yurts, but glamorous camping is worldwide.

At the Four Seasons Tented Camp Golden Triangle in Thailand, you'll arrive riding an elephant to your tent, which is billed as "reminiscent of 19th-century adventure expeditions with handcrafted furniture, hardwood floors and traditional thatched roofs."

From there, you eat fine Thai dining, go to the spa, swim in one of the pools or go on an excursion.

Prices fluctuate, but three nights for two guests in January 2014 will cost more than $10,000 for the "superior" tent, more for the "deluxe."

Metro tries it out

Liz 'n' Liz go glamping

Last week, Metro writers and avid campers Liz Brown and Liz Beddall gave glamping a try with Long Point Eco-Adventures in St. Williams, Ont. Here's what they thought of the experience:

Liz Brown and Liz Beddall toast to the good life on the porch of their wilderness suite with Long Point Eco-Adventures in St. Williams, Ont. Aside from offering visitors luxury accommodations and on-site activities, the facility prides itself on being deeply eco-conscious. LIZ BEDDALL/METRO

Beddall: Well Liz, we went glamping and survived. Nay — thrived! When's the last time you returned from a wilderness excursion with thoroughly conditioned hair and a belly warm with Pinot Noir?

Brown: Never, Liz. But I've also never set up camp across the road from a winery — Burning Kiln Winery to be exact. But the best perk for me was a flush toilet inside the tent. No more hikes to the outdoor can for me!

Beddall: I felt the pièce de résistance of our stay was the king-sized bed we snoozed in after our Zodiac boat tour and astronomy lesson. The plump pillows were a slight step up from the toilet paper roll I once employed on a canoe trip to cushion my cranium against a bed of rocks.

Brown: What about the built-in shower? I had some doubts about scrubbing up in the open air, but the stream of steamy water on a cool morning was incredibly refreshing. But enough about the tent, what about the activities?

Beddall: Once we left our tent of wonders, the glamping experience seemingly ceased. Zip-lining high above the Long Point Bay World Biosphere is not, at least for me, a soothing experience. Having those options made me feel less like I was a traitor to the camping community. You?

Brown: Let's not kid ourselves. We're losing some roughing-it cred by waxing on about glamping. Saying we went zip-lining isn't going to redeem us.

Beddall: You're right. The likelihood of us being excommunicated from the backwoods brotherhood is high. But Liz, no one can fault us for accepting a pizza delivered directly to our tent, courtesy of local restaurant Surfside Pizza.

Brown: True. And it's not like hardcore campers come out of the bush looking forward to a homecoming meal of jerky and granola. So, what's the verdict? Are you a glamping convert?

Beddall: Liz, the call of the unvarnished wilderness will always grunt loudly in my ear, but I'll never forget the sweet, siren-song of the ever so decadent Eco-Adventures camp in St. Williams.

Exclusively online

Go to metronews.ca for more on glamping:

- See photos of the most glamorous glamping destinations in the world
- Click through an interactive, detailed version of the glamping graphic
- Follow Metro reporters' glamping adventure (in photos)

Glamping vs. camping

IRENE KUAN
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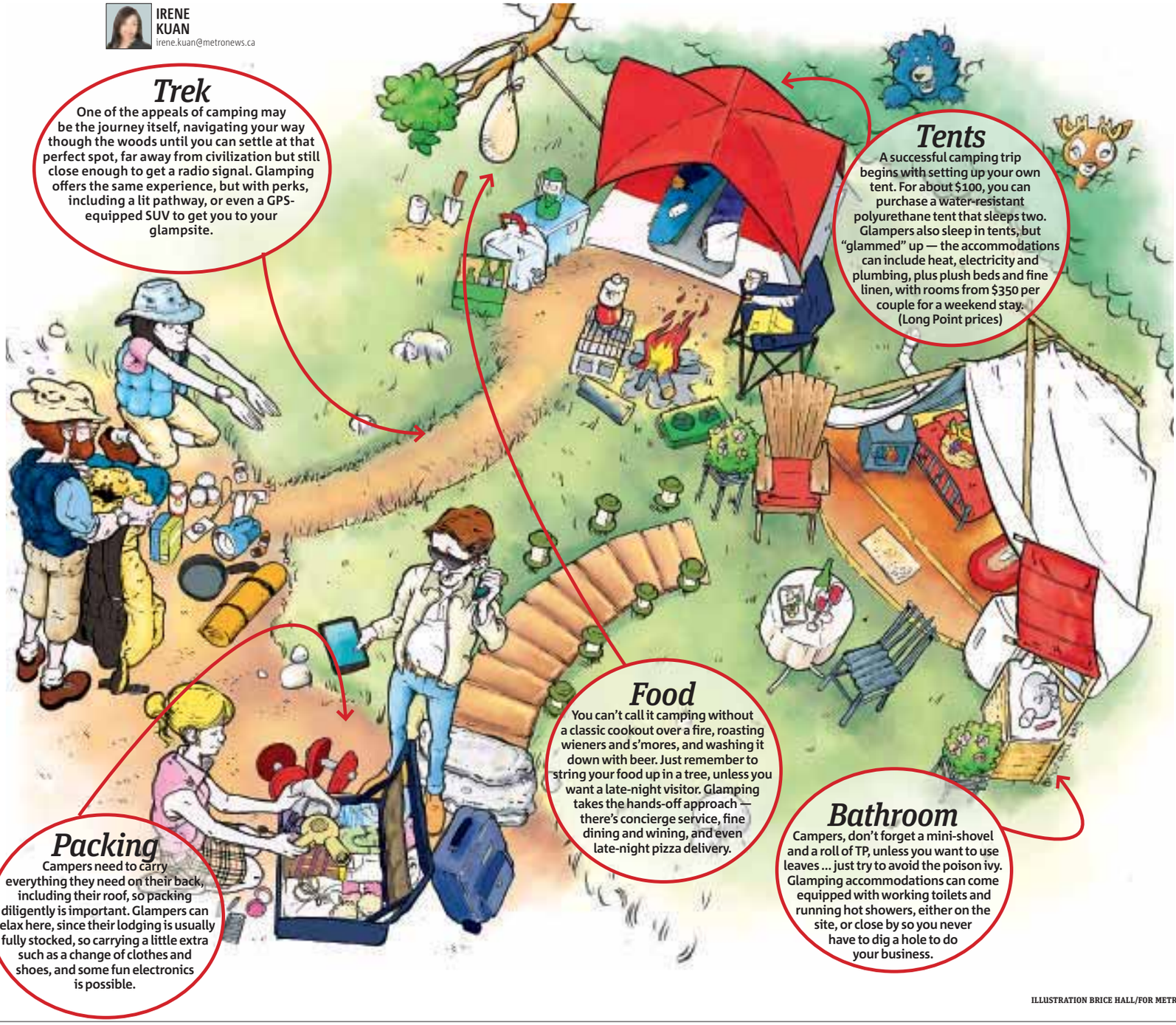
Trek
One of the appeals of camping may be the journey itself, navigating your way though the woods until you can settle at that perfect spot, far away from civilization but still close enough to get a radio signal. Glamping offers the same experience, but with perks, including a lit pathway, or even a GPS-equipped SUV to get you to your glampsite.
Tents
A successful camping trip begins with setting up your own tent. For about $100, you can purchase a water-resistant polyurethane tent that sleeps two. Glampers also sleep in tents, but "glammed" up — the accommodations can include heat, electricity and plumbing, plus plush beds and fine linen, with rooms from $350 per couple for a weekend stay. (Long Point prices)
Food
You can't call it camping without a classic cookout over a fire, roasting wieners and s'mores, and washing it down with beer. Just remember to string your food up in a tree, unless you want a late-night visitor. Glamping takes the hands-off approach — there's concierge service, fine dining and wining, and even late-night pizza delivery.
Bathroom
Campers, don't forget a mini-shovel and a roll of TP, unless you want to use leaves ... just try to avoid the poison ivy. Glamping accommodations can come equipped with working toilets and running hot showers, either on the site, or close by so you never have to dig a hole to do your business.
Packing
Campers need to carry everything they need on their back, including their roof, so packing diligently is important. Glampers can relax here, since their lodging is usually fully stocked, so carrying a little extra such as a change of clothes and shoes, and some fun electronics is possible.

ILLUSTRATION BRICE HALL/FOR METRO

Oh Gadd: Silly glampers, heels are for cities

Glamping may seem like a good idea to some, but to an expert camper it's a "silly" idea.

Ben Gadd, naturalist, geologist and author of the Canadian Hiker's and Backpacker's Handbook, is an expert in helping ordinary people experience the wilderness.

He was a guide at Jasper National Park in Alberta for more than 30 years and glamping doesn't impress him at all.

"I think glamping sounds quite silly, but fun," said Gadd.

"It's as if you're taking the most extreme elements of city life, like high heels and glasses of wine, and you're taking that into the situation where we lived as hunter-gatherers.

"It seems to me almost a spoof. I couldn't take it seriously. I don't know how it would have some sort of benefit to you."

Asked why people from the cities go into the wilderness, Gadd says: "It's because, I think, that's where we come from.

"Our species grew up in the wilderness and, like any other organism, we search out the environment in which we're most likely to prosper.

"Any creature knows that instinctively."

If people want to try serious camping, the Alpine Club of Canada has a network of groups, events and mountain huts to help. Visit alpineclubofcanada.ca for information. MIKE DONACHIE/METRO

Ben Gadd CONTRIBUTED

A supporter of ousted Islamist President Mohammed Morsi shoots a gun toward police at a sit-in in Cairo Wednesday. MANU BRABO/THE ASSOCIATED PRESS

'God have mercy:' Hundreds die on Egypt's bloodiest day

State of emergency. Running street battles sweep the country as supporters of ousted president battle security forces

The world looked on in shock Wednesday as searing violence engulfed Egypt.

Running street battles broke out in Cairo and other cities as a state of emergency was declared.

The white heat of anger flared when riot police backed by armoured vehicles, bulldozers and helicopters swept away two encampments of supporters of ousted President Mohammed Morsi.

And the death toll rose inexorably: At least 278 people were killed nationwide.

Canada called for calm while Egyptian Canadians watched in horror from a distance.

Foreign Affairs Minister John Baird expressed deep concern and called on Egypt to implement much-needed changes to ease tensions.

Canada supports "a transparent democratic system that respects the voices of its citizens," Baird said.

All day Wednesday, pictures and video images of the violence could be seen on the Facebook site Egyptian Canadians For Democracy.

One video posted on the page showed footage of body bags lined up on a sidewalk.

Another post read "God have mercy on Egypt."

It was the deadliest day in Egypt since the 2011 revolution against Morsi's predecessor, Hosni Mubarak, began.

Meanwhile, Vice-President Mohamed ElBaradei, a Nobel Peace Prize laureate, resigned in protest over the violence.

He said he was not prepared to be held responsible for "a single drop of blood."

THE ASSOCIATED PRESS

A woman holding a stick encounters a member of the security forces in Cairo Wednesday. IMAD ABDUL RAHMAN/THE ASSOCIATED PRESS

Deadly work

A cameraman for British broadcaster Sky News and a Dubai-based newspaper reporter were killed during the violence in Egypt on Wednesday.

- **The violence.** Sky said Mick Deane, 61, was shot and wounded while covering the violent breakup of protest camps in Cairo. He was treated for his injuries but died soon after.
- **The tribute.** Sky's news chief John Ryley said Deane was "the very best of cameramen, a brilliant journalist and an inspiring mentor to many at Sky."
- **The victim.** The Dubai journalist was Habiba Ahmed Abd Elaziz, 26, who was shot in a Cairo melee. "She was passionate about her work," Gulf News deputy editor Mazhar Farooqui said.

A shocked world

The world reacted in shock as the death toll in Egypt mounted relentlessly.

- **In Canada.** NDP foreign affairs critic Paul Dewar told an Ottawa news conference that the Harper government and others around the world should insist that Egypt tell its military to stop the crackdown.
- **In America.** Secretary of State John Kerry gave a stern warning to Egypt's leaders, urging them to calm the situation. "This is a pivotal moment for all Egyptians," Kerry said. "The path toward violence leads only to greater instability, economic disaster and suffering."

Not so purr-fect crime. DNA from cat hair sends a killer to jail for life

Fingerprints are not the only thing that killers can leave behind — add cat hair to that list.

A British university said Wednesday that its DNA database of British felines helped convict a man of manslaughter. He was sentenced to life in prison.

"This is the first time cat DNA has been used in a criminal trial in the U.K.," said Jon Wetton of the University of Leicester.

"This could be a real boon for forensic science, as the 10 million cats in the U.K. are unwittingly tagging the clothes and furnishings in more than a quarter of households."

THE ASSOCIATED PRESS

'I'm sorry.' Soldier on trial apologizes to U.S. for WikiLeaks leaks

U.S. soldier Bradley Manning took the stand Wednesday during his sentencing hearing for leaking classified material to WikiLeaks and apologized for hurting the United States and others.

"I'm sorry that my actions hurt people. I'm sorry that it hurt the United States," he said.

Manning faces up to 90 years in prison for leaking the information while working as an intelligence analyst in Iraq in 2010.

An army psychologist said Manning's private struggle with his gender identity in a hostile workplace put incredible pressure on the soldier.

THE ASSOCIATED PRESS

The Wallin affair. Harper missed 'red flags,' says MP as Tory rivals attack

MPs had a field day on Wednesday — and the target was Sen. Pamela Wallin.

The Conservatives' rivals made political hay out of a scathing audit of Wallin's travel claims. The Senate has called in the RCMP after the audit flagged $121,348 in inappropriate expenses.

The New Democrats amplified their long-standing call to abolish the Senate.

And the Liberals accused Prime Minister Stephen Harper of showing poor judgment when he vouched for Wallin's expense claims this year.

Harper "should have seen the red flags," said Liberal MP Stéphane Dion.

THE CANADIAN PRESS

Roommates set out to buy nothing for a year

Less is more.
'I realized these things don't make me any happier,' Calgary man says of the 'stuff' he has already accumulated

ROBSON FLETCHER
Metro in Calgary

Two Calgarians are taking the Buy Nothing Day concept and multiplying it by 365.

Roommates Geoff Szuszkiewicz and Julie Phillips set out on a Buy Nothing Year on Aug. 3, an undertaking they plan to continue until the same date in 2014, when Szuszkiewicz turns 31.

As part of this "life experiment," the pair has immediately given up spending money on household and personal items — including things like cleaning products and clothes — and they plan to eventually ramp it up to a point where they pay for nearly nothing.

"In three months we're going to discontinue purchasing of services — that means we're not going to be buying haircuts, eating out any more or paying for transportation," Szuszkiewicz explained.

They already have a head start on that phase, however, as Phillips' car broke down and she opted to give the beater away rather than fix it. She now uses a bike as her main mode of transportation, while Szuszkiewicz has given up the bus and commutes to work on foot.

By the final month of the experiment, they aim to give up spending on groceries, relying instead on an at-home aquaponics system (built with donated or bartered materials) and supplementing their food stocks through trade.

They do plan to continue paying their power bill, however, and use their previously purchased electronics to document their journey online.

"We don't want to be these extremist hippies living without electricity," Phillips laughed.

If they make it all the way through the year — and Szuszkiewicz admits "there could be room for failure" — they plan to use some of the money they save to set up a grant program for others interested in taking on projects with similar philosophies.

That, and a little reward for themselves.

"We'd like to go on a trip to Thailand and get tattoos," he said.

Re-examining the definition of necessity

The pair got the idea after the June flood forced Julie Phillips to change her accommodation plans and move in with her friend Geoff Szuszkiewicz.

- Phillips said she had to get rid of about 80 per cent of her "stuff" in the process, forcing her to re-examine her definition of "necessity."
- To follow their journey online, visit buynothingyear.com.

Julie Phillips and Geoff Szuszkiewicz hold Pepper, an animal they are "bunny-sitting" for a friend in exchange for wine. The pair expects bartering to figure prominently in their Buy Nothing Year. ROBSON FLETCHER/METRO IN CALGARY

Retail. Metro plans to shake up Ontario grocery stores

Grocery retailer Metro is reorganizing its Ontario store network and will become the exclusive operator of Target's pharmacies in Quebec as it continues to adjust to intense competition and dramatic changes in the Canadian supermarket and pharmacy businesses.

The Montreal-based company, one of Canada's largest grocery retailers, said 15 stores would be affected including six Metro stores in Ontario that will be converted to the Food Basics discount banner and up to three underperforming locations that will be closed over the coming months.

Metro said it will also offer buyouts to an unspecified number of unionized employees at the other Ontario stores affected as it aims to reduce its labour costs. It declined to say how much will be saved or how many people will be let go.

Meanwhile, Target Corp. will partner with a Metro subsidiary under an agreement that will see Brunet own and operate 18 pharmacies that Target will open next summer in Quebec. THE CANADIAN PRESS

Store count

263

The company has 263 Metro and Food Basics stores in Ontario.

Grocery retailer Metro said Wednesday that six stores in Ontario will be converted to the Food Basics discount banner and up to three underperforming locations will be closed over the coming months. TORSTAR NEWS SERVICE FILE

Tech trouble. Thai villagers block Google Street View car

Internet giant Google's Street View project, which has raised privacy concerns in several countries, has ignited a minor uproar in northern Thailand where villagers suspected its cameras were surveying for an unwanted dam project.

Google's regional communications manager Taj Meadows said Wednesday that the company was aware of the incident in Sa-eab village in Phrae province, in which about 20 residents blocked a Google camera-equipped car. Google's project takes photos to accompany its Google Earth map program.

The Manager newspaper reported that the villagers took the vehicle's driver to a local office to quiz him, then to a temple where they made him swear on a statue of Buddha that he was not working for the dam project.

The Prachatai news website said the villagers released the driver and later apologized to him and to Google.

Sa-eab village, 615 kilometres north of Bangkok, is known for its long-running dam protests by villagers and environmental groups.

"(We) apologize to the official, to Google, as well as to the Thai people throughout the nation and to the citizens of the world," the villagers' representatives wrote.

They explained that they were "extremely worried and there had been so many repeated cases that convinced the villagers to believe someone was trying to survey the area in disguise."

THE ASSOCIATED PRESS

A Google camera is carried on a Florida beach. The Street View project caused a spat in Thailand when villagers thought the cameras were secretly surveying for a dam. VISIT FLORIDA/THE ASSOCIATED PRESS FILE

Amazing $#!@& Race

BodyBreak guru admits she cussed

BodyBreak fitness guru Joanne McLeod has issued a statement admitting she used a swear word during Monday's episode of The Amazing Race. McLeod and partner Hal Johnson, known to Canadians for their sunny TV family fitness vignettes, were eliminated from the series after an arduous test in Regina this week. During the episode, McLeod seemed to drop an F-bomb. THE CANADIAN PRESS

Market Minute

DOLLAR 96.82¢ (+0.14¢)

TSX 12,639.30 (-2.89)

OIL $106.85 US (+2¢)

GOLD $1,333.40 US (+$12.90)

Natural gas: $3.34 US (+6¢)
Dow Jones: 15,337.66 (-113.35)

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ROB FORD REALITY ROUNDUP

HE SAYS

John Mazerolle
metronews.ca

The Beaver Examiner brings you the latest fake news: **Alleged Drug Dealer in Photo Mortified to Appear with Rob Ford**

A 25-year-old man facing drug trafficking charges who appears in a newly distributed photo with Toronto Mayor Rob Ford says he is "deeply embarrassed" by it. "I'd like to apologize to my family, gang, and to anyone else I might have offended," said the man, who spoke to The Beaver Examiner on condition of anonymity. "I pose for a lot of photos, and if I had known it was Rob Ford, I would have politely declined." The uproar recalls a controversy last year when Ford appeared in a photo with a white supremacist. The supremacist later apologized.

'Bizarre' Viral Video Shows Rob Ford Working at Some Sort of White-Collar Job

Saying they've "never seen anything like it," millions of Internet users have watched a new video that shows controversy-prone Rob Ford working away at some sort of bureaucratic job. Vancouver resident Rob Blumer says he has watched the video, Zoning Amendment SD-97, on YouTube a dozen times. "It's bizarre," Blumer said. "I clicked it waiting to see Ford say something crazy, but he just stands there, talking with other guys in suits. It looks like he's in, like, a meeting hall." Blumer said. Ford never swears, walks into anything or falls over despite the video's length of almost 11 minutes. "I don't know what it means," Blumer said. "Maybe it's performance art."

Stephen Harper Resigns After Doing Any One Thing Rob Ford Has Done

Prime Minister Stephen Harper has resigned in disgrace after doing any one thing that Toronto Mayor Rob Ford has done. Exact details are still sketchy, but it's believed Harper may have lied about a DUI conviction, used his staff for personal business, threatened a couple at a hockey game, been accused of smoking crack, or said cyclists who die have only themselves to blame. "Whatever it is that he did, this is an unprecedented controversy for Harper and I see no way for him to recover from it," said political scientist Martin Lye. "No politician can do any one thing Rob Ford has done and still be electable."

'Fiscal Record What's Important,' Doug Ford Says as he Chases Incoherent, Naked Rob Ford Through Shopping Centre

Coun. Doug Ford launched a spirited defence of his brother Rob Ford's record Friday while frantically searching for the mayor in a downtown shopping centre where he had last been seen running naked and repeatedly yelling "Woo!" Lashing into assembled media, Ford said that reporters were only focusing on Rob Ford because he had apparently set his clothes on fire before running around the blaze in a circle shouting 'Let's party!' — forgetting that he had saved the city "more than a billion" dollars. "You can't attack us on our record, so you attack us just because he's over there skinny dipping in the coin fountain." As he propped up his brother from the fountain, Doug Ford noted that his brother had retrieved 45 cents on behalf of taxpayers.

ZOOM

Signed, sealed, delivered

DAVID HECKER/GETTY IMAGES

Rescued seals make their way home

Tim Fetting, left, and Peter Lienau from the Seehundstation Norddeich release young seals on the beach of the islands of Juist on Wednesday near Norddeich, Germany. The Seehundstation Norddeich is a facility for raising young seals who were separated from their mothers due to storms, disease or human disturbance and who would otherwise have little chance of survival.

Volunteers collect about 90 young seals a year from the North Sea German coast and care for the pups until they weigh about 25 kilograms before releasing them back into the wild. Sponsors pay for the costs of caring for the seals and get to name them. GETTY IMAGES

A zookeeper feeds herring to young seals in the Seehundstation.
DAVID HECKER/GETTY IMAGES

Sorry kids, I got to go

- Four to 50 days is the length of time true seals (pictured) suckle their pups.
- This is because their feeding ground is usually far from shore, so after lactation the mother will dash, foraging to replenish depleted energy.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

A tragedy happened in Egypt Wednesday, and the situation there is unlikely to improve soon. If you want a closer look at what's happening, here are three Twitter handles worth following.

Supporters of ousted Egyptian President Mohammed Morsi run from Egyptian security in Cairo, Egypt, Wednesday.
MANU BRABO/THE ASSOCIATED PRESS

Andy Carvin (@acarvin):

National Public Radio's senior strategist is a peerless curator of news from around the world, with a particular shine for the Middle East and a talent for finding citizen images.

Samer Al-Atrush (@sameralAtrush):

A Cairo-based wire journalist who frequently treats his Twitter feed as a public display for his reporter's notebook, which can obviously contain grim stuff.

Heba Morayef (@hebamorayef):

The Egypt director for Human Rights Watch is on the ground in Cairo, where she regularly posts updates from field hospitals and protest sites.

Comments

RE: Ladies, If You've Ever Tried To Get Your Man To Care About Home Decor, Be Careful What You Wish For, published Aug. 13

This article did nothing but state the perfectly obvious: cohabitation means compromise. But the title reads like, "Ladies, make sure you don't get your man interested in decor, because you won't get your way."

I find the piece rather rude, and it's more of a blog update on Jessica's personal living situation than offering couples any practical or emotional advice of *how* to work out a compromise. Sorry that you went to all that trouble to force your partner's opinion out of him, only to find he disagrees with you.

Aeric posted to metronews.ca

Twitter

@metropicks asked: Volvo's technology detects cyclists and stops if needed. Is it the solution to cyclist fatalities?

@WilMcQueen: Lowering cyclist deaths can be achieved by cyclists not being self-righteous a—holes, weaving, red-light runners.

@benrankel: The only way to make driving really safe is to remove the most fallible element – the human driver.

@neanderstaal: Drivers paying attention is the real solution to cyclist (and pedestrian and motorist) fatalities.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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Ghosts bring a 'swampy, gypsy pirate sound' to London scene

Bird Language.
Song on their new EP inspired the fowl-themed name

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

The Gypsy Ghosts are set to perform at the London Music Club (470 Colborne St.) on Saturday. CONTRIBUTED/DAVIN TIO

Gypsy Ghosts are swooping into the London music scene to drop their new EP Bird Language.

"We've all been in a lot of bands and we liked how honest and pure and genuine this was. We felt we were onto a cool unique sound — a swampy gypsy pirate sound," says Jim Armstrong, one of three hand drummers in the seven-piece outfit.

The band, whose influences include Django Reinhardt and Gogol Bordello, is releasing its EP at the London Music Club on Saturday.

"We're just adding world flavour to a North American style," says Armstrong, who plays the djembe (West African drum) and klong yao (Thai drum).

"I've been playing hand drums for 15 plus years. Throughout my travels and experiences I've decided those two drums are my favourite because of their versatility in sound," he says. "There are a lot of different tones and pops."

The other two drummers are Max Colin, who plays congos and shakers, and Thom Edwards, who plays the cajon (Afro-Peruvian box drum). Other band members include Bruce Locke (acoustic bass), Patrick Henry (guitar), Bobby G. (alto sax) and Andy Paquet (lead vocals).

Bird Language is the band's second EP. The title is inspired by a song on the album called Reep A Deep.

"We started calling the song Reep A Deep as a working title, but then we kept it," Armstrong says with a laugh. "We decided it sounded like bird language."

Reep A Deep is about getting away from the fast-paced and business ways of city life, says lead singer Andy Paquet.

"The chorus of the song says 'listen to the birds sing.' Go down to the river, walk through the woods, experience nature and let your thoughts settle and clear," says Paquet.

The band recorded Bird Language after winning $4,000 worth of recording time at EMAC during a radio contest in December.

"The theme of the contest was Canadian bands, so we did a cover of The Shape I'm In by The Band," says Armstrong.

"On the whole, our music is very positive," says Armstrong. "You are shining this positivity on the audience, and they are reflecting it back at you.

"It's better than any drug. It's not so much for the praise. To have a genuine positive response back from a whole crowd of people you don't know is amazing."

The band plays at the London Music Club at 10 p.m.

An acoustic set by Sean Allman from the reggae group Motion Grove will open the show. Tickets are $10. Doors open at 8 p.m.

Around town

- **Tune.** A Friday fundraiser to raise money for cystic fibrosis will feature Teenage Kicks and Oh Geronimo at the APK (347 Clarence St.). Cover is $5. Doors open at 9 p.m.

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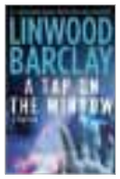
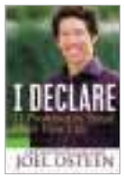


1. A TAP ON THE WINDOW Linwood Barclay

Something is horribly wrong in the small town of Griffon NY. It's been two months since private investigator Cal Weaver's teenage son died in a tragic drug-related accident. This town has too many secrets, too many lies – and Cal has decided to expose those secrets one by one.

Last Week: 1 / Weeks on List: 1



2. I DECLARE Joel Osteen

Words have always had power. Joel Osteen's *I Declare*, now available in paperback, offers daily inspirations that harness the power of words. Shift the way you describe your life by declaring your blessings, and change will swiftly follow.

Last Week: 2 / Weeks on List: 1

This Week		Last Week	Weeks on List
3.	WAGING HEAVY PEACE Neil Young	3	2
4.	THE WHITE PRINCESS Philippa Gregory	4	3
★ 5.	WALLBANGER Alice Clayton	-	-
6.	MISTRESS James Patterson	6	1
★ 7.	ROSE HARBOR IN BLOOM Debbie Macomber	-	-
★ 8.	THE LAST KISS GOODBYE Karen Robards	-	-
9.	THE GUTS Roddy Doyle	9	1
10.	FIRST SIGHT Danielle Steel	10	5
★11.	THE INCONVENIENT INDIAN Thomas King	-	-
12.	THE ENGLISH GIRL Daniel Silva	12	5
13.	THE OCEAN AT THE END OF THE LANE Neil Gaiman	13	9
14.	THE CASUAL VACANCY J.K. Rowling	5	3
15.	INFERNO Dan Brown	7	12
16.	WILD Cheryl Strayed	16	20
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	17
18.	CRAZY RICH ASIANS Kevin Kwan	8	2
19.	I WEAR THE BLACK HAT Chuck Klosterman	19	3
20.	THE SECRET KEEPER Kate Morton	11	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 19th

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It took some persuading, but Oprah is baaaaaack!

The Butler. Winfrey talks about why she decided to do her first film since 1998 and why this role, with its intensity, was important for her

MATT PRIGGE
Metro World News

Oprah Winfrey as Gloria Gaines and Forest Whitaker as Cecil Gaines star in The Butler. ANNE MARIE FOX/THE ASSOCIATED PRESS

There was one major reason Oprah Winfrey returned to screen acting for her most prominent role since 1998's Beloved — and his name is Lee.

Winfrey worked with director/producer Lee Daniels behind the scenes of his breakout work, Precious, which she also executive produced. She was coerced in front of the camera for his fourth directorial work, Lee Daniels' The Butler, playing the wife of a man (Forest Whittaker) who works at the White House from the 1950s through the '80s.

"I wanted the opportunity to be in his hands, really," she says, adding he was relentless in pursuing her. "I was telling him, 'Lee, I got a network thing going on. But he wouldn't listen to me. He'd been stalking me for some time."

Of course, there was also the subject. The film spans the beginning of the civil rights movement and ends with Obama's election.

"I'm a historian of my own history — of African American history. I believe that when you know who you are, you have the ability to move forward not only with your own strength, but with the strength of your entire ancestry," Winfrey says.

While specifically about black culture — and in a way that doesn't portray it through white eyes, despite a Caucasian screenwriter (Danny Strong) — the film is also, she says, universal.

"You see the two of us at the bus station sending our son off to college. That's how every parents, regardless of race, regardless of economic background, feel when you have to let go of your son."

There's also her character: the long-suffering wife of a workaholic.

"I thought a lot about what it meant to be a woman in the '50s and '60s. All of us got a lot of fire inside us. What is it like to have that fire but have nothing to do with it? You can't just sit around watching Edge of Night all day long, make a sandwich, have a beer, tiptoe with the next-door neighbour," Winfrey explains.

"This gave me the opportunity to show the women of that era. Gloria, for me, is not just herself but a composite of the women of the era, who sacrificed herself to become the stabilizing force of her family."

In terms of race relations today, Winfrey doesn't feel like she has a side she shows white — or black — audiences.

"I feel I have made a living being myself. I've made a career out of my own authenticity. I don't have one face I present to the white world or to the black world. I talk to my dogs the same way I'm speaking right now."

But she understands that her being able to feel that way was heard-earned, by others.

"I am the daughter of a maid, and my grandmother was a maid, and her mother was a maid, and her mother was a slave," she says. "I feel validated by the war that the butler and his entire generation fought in their own way. And the fact that there's another generation of freedom writers and freedom fighters that, because of evolution and growth and change, decided they weren't going to do that anymore. Both wars were necessary for their times."

Overtime with Winfrey

A few extra comments from Oprah Winfrey

- **On her notoriety.** "Contrary to what everyone assumes about me, I'm really not a control freak. I like to hire someone who knows what they're doing so I don't (have) to do it. Then they come back to me and tell me it's done. That's how I like to operate."
- **On her director.** "What is exciting about him and why we love him is he is a truth seeker. He will not let any of his actors get away with a single breath that's a false moment. I can testify to that."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie and Jennifer Aniston METRO PHOTO ILLUSTRATION

Once feuding stars avoid 11 hours of first class airline awkwardness

Angelina Jolie and Jennifer Aniston nearly had 11 hours of awkward silences as they were both booked in the first class section of a British Airways flight from L.A. to London Sunday, but Aniston reportedly moved her flight to the next day at the last minute, according to Us Weekly.

"Whether it was because Angelina was on the Sunday flight, we don't really know, but she did change it," a source at the airline says. "The airline has VIP greeters who do chat about this sort of thing and may have informed each other of the (Aniston-Jolie) conflict, but nobody can say for sure."

The Word

Three big red Xs for Cowell after Electra breakup

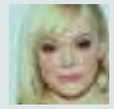
While Lauren Silverman's reported pregnancy is making Simon Cowell's life more complicated, it's not the first time his involvement with Silverman has made waves in the X Factor boss' personal life.

Cowell's dalliances with Silverman reportedly put an end to his fledgling "hot and heavy" romance with Carmen Electra, according to E! News. "Carmen was at Simon's house in L.A. when she literally busted him with Lauren," a source says.

"Simon called her a friend, but there was nothing platonic about what was going on, if you know what I mean."

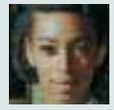
According to the source, Electra quickly called off her relations with Cowell. "There was no way she was going to stick around and be a third wheel," the source says.

Twitter



@rosemcgowan
Going through my contact list is like a quick trip through bad times

@SethMacFarlane
Oh cool, a new superhero movie. That is refreshing indeed.



@solangeknowles
Where does one dance at this hour in this big apple?

Jennifer Garner ALL PHOTOS GETTY IMAGES

Garner joins privacy fight for celeb kids everywhere

Jennifer Garner is joining Halle Berry in pushing for a California bill that would make it illegal for paparazzi to photograph their children. "I chose a public life. My three children are private citizens," Garner said while testifying before the California State Assembly Committee on Public Safety in support of the proposed anti-paparazzi bill, according to E! News. "I love my kids. They're beautiful and sweet and innocent, and I don't want a gang of shouting, arguing, lawbreaking photographers who camp out everywhere we are all day, every day, to continue traumatizing my kids."

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Model good reading habits for your children and continue reading to your kids even after they can read on their own. JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

The early bookworm gets the grades

MICHELLE WILLIAMS
For Metro

Not every child is a born reader, but there are ways to encourage your child to become a good reader.

Start by letting them read what they enjoy.

"Your child will be most engaged when you discover reading materials that interest them," said Halton (Ontario) District School Board elementary school teacher Kevin Foster. "It doesn't have to be standard reading material. Comic books, graphic novels and magazines all have great text features that tie in to the visuals for easier comprehension."

Head to the library or bookstore together and discover subjects they enjoy reading about, then be sure to have those books or reading materials on hand.

Be sure that the level is appropriate by previewing what they read.

"If it's too difficult, kids get frustrated and disengage," Foster said.

He suggests the "five-finger rule" — if there are more than five words your child is struggling with on the page, then the book may be too difficult for them.

Think outside the printed page.

"Kids who are spending time on a computer are often getting in lots of reading online," Foster said. "There are all sorts of cool websites that will engage young readers."

You can also take it outside — read things together like menus, road signs and licence plates.

"Let kids experience reading in many different ways and settings."

Model good reading habits for your children. Read a lot yourself and continue reading to your kids even after they can read on their own.

"It's important to demonstrate great fluency, intonation and expression so they see that reading is more than decoding words," Foster said.

Remember to stop and ask questions.

"It's a great way to make deeper connections with their past experiences and to check their comprehension."

Finally, set aside some quiet time for reading to foster independence, as well as reading skills.

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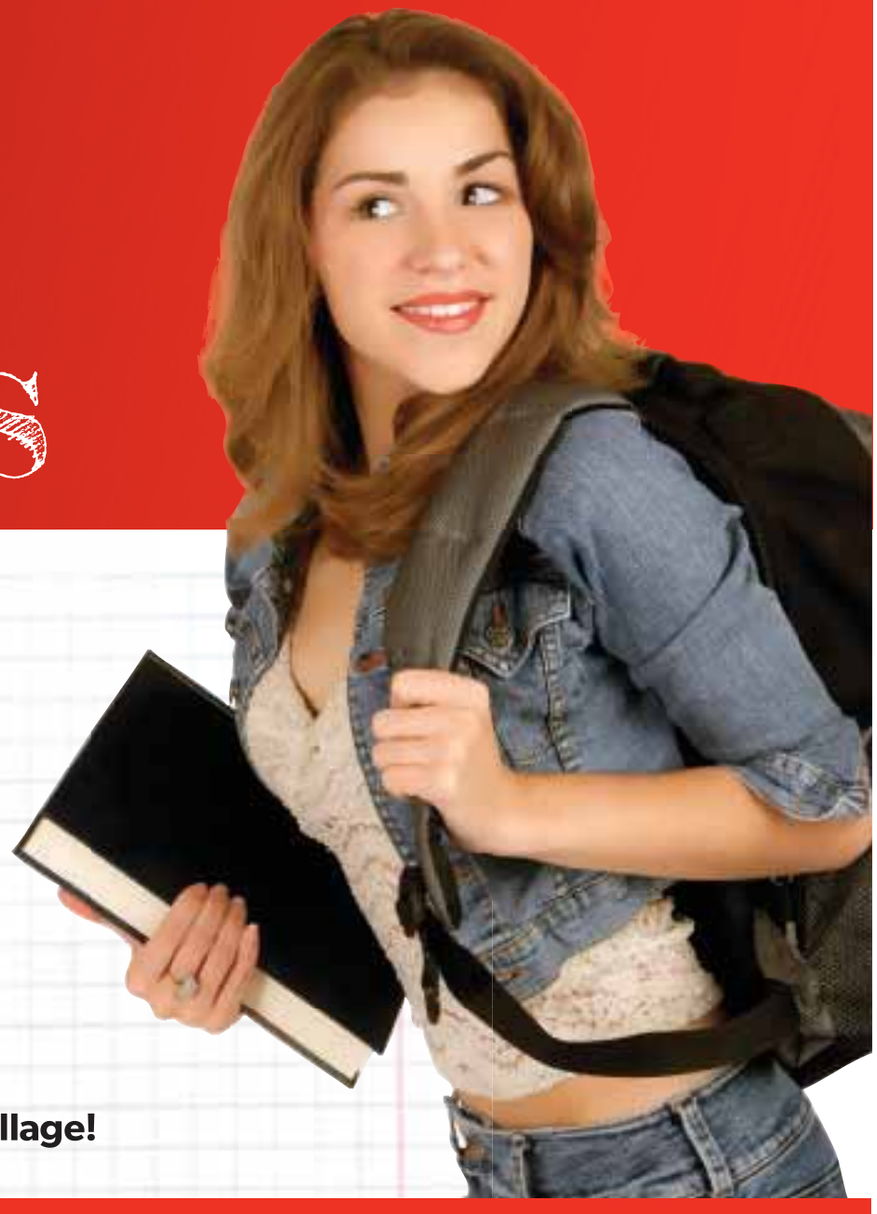
BACK TO SCHOOL BARGAINS



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How to makeup for your masculine ensemble

If you're slipping into a tweed blazer, an oversized cardigan or a sleek women's tux this fall, the right beauty look is the perfect accessory to complete your menswear-inspired outfit.

The choice is yours to do a 180-degree turn and go with hyper-girlie, or stay strictly tomboy. Either can complement the more masculine clothing silhouettes.

Makeup with menswear is a little more important than other styles because with a neutral, muted palette of greys, blacks and browns, "you want to have a little life to your face, a little health and vigour," says Linda Wells, Allure magazine's editor-in-chief.

When suiting up in this fall trend, women have choices for their beauty look, she says. "Are you going to exaggerate the menswear look and play it up fully, or are you going to offset it with something feminine?" Wells says.

To soften menswear staples like grey flannel and houndstooth, which are so often fashioned into tailored items, add femininity by playing up the eyes or lips, experts advise, but not both at the same time so your features don't compete.

"You want to add feminine flair throughout the face if you can't have it on the body through the clothing," says Myiesha Sewell, a Sephora Pro makeup artist.

For a ladylike touch, Wells envisions soft hair with a little wave to it falling over the forehead along with a rich burgundy lipstick, or dark, smoky eyes featuring grey eye shadow, eyeliner and lots of mascara. "Who doesn't want to be a femme fatale?" she says of the "sexy androgyny" combination of feminine makeup and menswear.

THE ASSOCIATED PRESS

Talk to the T: Say it loud, say it stylish with a graphic shirt

Stay on top of this fashion craze. Comics, creatures and credos are covering your fave back-to-school staple this fall

The T-shirt and graphic shirts are one of fashion's most basic items, but even with today's popular slim cuts, there's wiggle room to change up the style. That can be pretty important to the kids and teenagers who practically live in them but like to feel that they have something new when they go back to school.

This year's news comes in next-generation graphics, old-school characters and witty or powerful phrases.

"The best and most memorable graphic Ts throughout the years are the ones that capture the pulse of that time," says Tana Ward, senior vice-president and chief merchandising officer for American Eagle.

Because of the price — and frequency of wear — T-shirt trends also can move quickly because they aren't intended as long-term investment pieces.

"This is an affordable fashion change," says Seventeen fashion director Gina Kelly.

"Graphics are really, really big in the teenage market, and so is nostalgia," Kelly says.

"At 16, a girl understands irony, and that makes it cool to do some things. You also have T-shirt companies borrowing from the runways like Givenchy, and that's where you'll see space prints, high-fashion prints — and photo-realism prints are definitely big, too."

It's all about image and messaging, which this generation is very comfortable with, she says. "It's about affirmation on your chest. You are making your statement, whether you are making fun of designers with a 'Celine as Celfie' shirt or saying you loved Hello Kitty when you were in kindergarten."

The heavily logoed look also is passé, says AE's Ward. "Today, our customer is focused on projecting a personal identity. ... Our girl is also much more aware of the artistic side of graphic design and how it adds texture and interest to her outfit."

All she needs is a circle mini skirt and a pair of printed jeans (two other popular back-to-school items this year), and she is good to go, says Kelly.

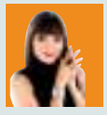
THE ASSOCIATED PRESS

Zip! Boom! Pow!

Betsy Zanjani of Forever 21 points to the comics craze — taking note of the pop culture phenomenon that Comic-Con has become — as one of the strongest influence on T-shirts.

- Forever 21 has opened in-store Marvel Comics shops as the retailer noted "an almost cult following of old-school comic strips and vintage action figures," she says. "Things that are vintage and retro are really strong in both our male and female businesses."

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Home at last: My new man! Fresh from Lunenburg #NS Thanks to Ransford Naugler.

Yesterday carpets, today hair colour! Going richer for fall thanks to TO's best colorist Marina Loo #RapunzelHair

Trends Report

- Are you a fan of the Netflix series Orange is the New Black? For this week's Trends Report, I decided to see if orange can be the new black — without it looking like a prison jumpsuit. Go online to see my orange-theme fashion finds and judge for yourself.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

One-minute miracle

Hair saviour, time saver

Uniq One All in One Cleansing Balm $20, uniq-one.com

"Low-maintenance types will love that this hair balm can replace the cluster of hair products crowding your shower. Bonus: its keratin-enriched, sulfate-free formula means you can use it daily. The built-in cleanser and conditioner also work to volumize, smooth and strengthen strands, while preserving colour-treated hair. How efficient is that?"

Ashley Kowalewski, TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Holy easy to make guacamole!

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

There is nothing more delicious than homemade guacamole.

The key is finding a ripe avocado for the delicate texture and flavour.

Store unripe avocados in a paper bag, but don't refrigerate them.

1. Combine the avocado, cilantro, tomatoes, mayonnaise, jalapeño, garlic, lemon juice, and salt and pepper in a small bowl.

2. Serve with crackers, crudités or as a garnish.

Guac facts

- **Prep.** This recipe takes only 10 minutes to put together.
- **Make ahead.** Make a couple of hours before serving. Too early and the avocado will brown.
- **Nutrition information per serving (1 tbsp/15 ml).** 19 calories, 0.17 g protein, 0.9 g carbohydrates, 0.5 g fibre, 1.8 g total fat, 0.3 saturated fat, 0 mg cholesterol, 45 mg sodium

Ingredients

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1/3 cup finely diced tomatoes
- 1 tbsp light mayonnaise (50 % reduced)
- 1 tsp finely chopped jalapeno pepper (or 1/2 tsp/2 1/2 ml hot chili sauce)
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

This recipe makes 2/3 cup (160 ml). COURTESY ROSE REISMAN

For your phone

Chefs Feed (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Chefs will never forget a great meal prepared by someone else. This social network lets them share such discoveries, sorted by location and dish, for your taste buds to follow.

A top of the morning fiesta for your taste buds

1. Place the eggs in a small saucepan. Add enough cold water to cover by 1 inch. Bring the water just to a boil, then remove the saucepan from the heat, cover it, and set it aside for 10 minutes. After 10 minutes, transfer the eggs to a bowl of ice and water and let cool completely.

2. While the eggs are cooking, in a colander toss the tomatoes with a hefty pinch of salt and let drain for 10 minutes.

3. In a small bowl, combine the drained tomatoes with 1 teaspoon of the jalapenos, 2 teaspoons of the lime juice, 1 tablespoon of the onion and the cilantro. Toss well, then set aside.

4. Once the eggs have cooled, peel and halve them lengthwise. In a small bowl combine 6 of the yolks (discarding the remaining 2 or saving them for another use) with the avocado, mayonnaise, and the remaining 1 tablespoon of lime juice. Mash with a potato masher or fork until the mixture is smooth with a few lumps.

5. Stir in the remaining onion and jalapeno, add salt and pepper to taste. Mound the egg-avocado mixture into the egg whites and top each one with some of the salsa. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 8 large eggs
- 1/2 cup finely chopped tomato
- Kosher salt
- 1 tbsp plus 1 tsp minced jalapenos (discarding seeds and ribs, if desired), divided
- 1 tbsp plus 2 tsp lime juice, divided
- 3 tbsp minced white onion, divided
- 1 tbsp chopped fresh cilantro
- 1 very ripe Haas avocado, peeled, pitted and coarsely chopped
- 1 tbsp low-fat mayonnaise
- Ground black pepper

Mexican-Style Stuffed Eggs

This recipe makes 16 stuffed egg halves MATTHEW MEAD/ THE ASSOCIATED PRESS

Lunch. Soft Turkey Tacos

1. In a large mixing bowl combine the shredded lettuce, carrot matchsticks, chopped cilantro, olive oil, lime juice, and salt and pepper to taste.

2. Lay out tortillas and divide mixture among tortillas; top with turkey breast strips. Fold in half and enjoy.

NEWS CANADA/ PILLER'S FINE FOODS

Ingredients

- 125 ml (1/2 cup) lettuce, shredded
- 60 ml (1/4 cup) carrots, cut into matchsticks
- 15 ml (1 tbsp) cilantro, finely chopped
- 30 ml (2 tbsp) extra virgin olive oil
- Juice of one lime
- Salt and pepper, to taste
- 4 soft corn tortillas
- 5 slices Piller's Simply Free Roasted Turkey Breast, cut into strips

Ikea's upscale collection a winner

Affordable Stockholm design launched this week

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Every three years mass market furnishings retailer, Ikea, introduces a much anticipated upscale collection of furnishing and home accessories.

This year, the coveted Stockholm Collection is introduced in limited quantities to the 325 stores in 40 countries around the world, bringing high-design at still very affordable prices.

With trends emerging like walnut wood furnishing, Kelly green and citrus yellow colours, it looks like this special collection will be on-trend for a long time.

Look for this special (and very well-priced) quality collection in the five million Ikea catalogues delivered this week to homes across Canada or in your local store. Here's a sneak peek and a few of my favourites:

Living room

Medium walnut wood tones and pops of yellow and green are on trend in the Stockholm Collection, introduced every three years at Ikea.

Rug

Take the three most favourite trend colours (grey, brown and green) and blend them together to incorporate past, current and future trend colours onto the floor.

Stockholm Striped Wool Rug, $299

Mirror

Illusions of depth give you varied perspective when looking through the angled walnut frame.

Stockholm Mirror 80, $99.

Dining room

Walnut wood is predicted to be the "next big wood" in home decor. The walnut wood used in the Stockholm Collection is actually Canadian walnut wood veneers.

Table

The big family table is back! Eight feet of Canadian walnut takes mid-century modern good looks into the future.

Stockholm Dining Table, $699.

Vase

Colourful blown glass to wake up your tables; three down the centre of a table would have real impact. Just add flowers!

Stockholm Vase 20, $49.99.

Chair

At the table or in a corner; solid & comfortable in this year's best colour (also available in natural walnut).

Stockholm Chair Green, $149.

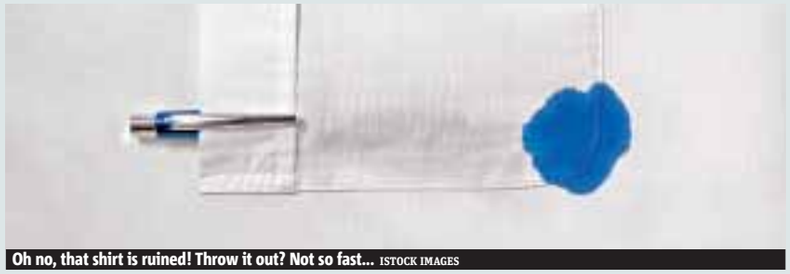
Cleaning tips

The ink stain that never was

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With kids getting ready to start their back to school shopping, it is just a matter of time before they get pen ink on their cotton T-shirts. So how do those of us who do their laundry get these stains out? Well it's actually rather simple; rubbing alcohol does the trick.

Lay the T-shirt on a flat surface, put several layers of folded paper towel under the T-shirt directly on the back side of the stain. Pour a small amount of rubbing alcohol into a dish and take a cotton swab and dip it into the rubbing alcohol. Slowly rub the stain in a circular motion. When the cotton gets all dirty, use a clean cotton swab and dip it again into the alcohol and continue treating the garment. Be patient and I promise it will come out very easily.



Oh no, that shirt is ruined! Throw it out? Not so fast... ISTOCK IMAGES

A smaller Turkish Ushak carpet, circa 1920s, layered on top of a larger sisal carpet, in a room designed by Lillian August.
THE ASSOCIATED PRESS PHOTO/COURTESY TRADITIONAL HOME

Need a new rug? Don't sweep these tips under the carpet!

Carpets. Look for pattern, colour and even an emotional connection

The stunned crowd at Sotheby's burst into a rare round of applause when a museum-quality Persian carpet sold for a record-setting $33.76 million in June.

"It was extraordinary and wonderful and the carpet deserved it," said the auctioneer, Mary Jo Otsea, Sotheby's senior consultant for rugs and carpets. The hand-knotted, 17th century Clark Sickle-Leaf carpet, with a red ground and dark blue border, is "still dazzling to the eye," she said.

While few of us can fathom spending so much money on a showpiece, Oriental carpets, made in countries from Turkey to China, are available at various prices and have long been a popular part of home decor.

"Older carpets look great with everything," Otsea said. "They add great warmth by their colour and design. Older carpets have a wonderful patina and character that you can't capture in a new piece. Each one is different. You're not going to see the same thing when you go into everyone's house."

Doris Athineos, the arts and antiques editor for Traditional Home magazine, said the sale of the Clark Sickle-Leaf carpet may inspire people to look at the carpets with a new eye, mindful that an eight-figure sum was just shelled out for one of the finest examples.

"It gives them confidence to pull the trigger on something they may be eyeing, and confidence if they've inherited them from a great aunt or have them rolled up and stored. They might think, 'Hey maybe I should put that out,'" Athineos said.

Whether antiques or reproductions, the carpets work well in any kind of house or with any kind of decor, she said.

"I can't imagine where a beautiful antique carpet wouldn't work," Athineos said. "I have seen them in every kind of home, from minimalist to maximalist, where there's lot of decoration in the house. They add warmth to very pristine, minimalist spaces."

Try one in any room except the kitchen, Athineos recommends, especially the space where people spend the most time, perhaps the media room.

"That's the kind of wear those carpets can take," she said. "They're meant to be walked on."

With so many styles of design — florals, geometrics, abstracts — Otsea recommends browsing through as many carpets as possible to find out what you like.

A great carpet, she said, is the right combination of colour, design, technique and tradition.

"The more you look, the more you realize what you like," she said. "There's a whole world of patterns to choose from and colour palettes as well."

Athineos advised going to a reputable store, not one that's constantly promoting a going-out-of-business sale. Ask about the return policy, as some stores allow you to buy and try, and return it if it doesn't work with your decor. THE ASSOCIATED PRESS

Attachment

With 61,000 carpets to choose from at New York's ABC Home & Carpet, the company's vice-chairman, Graham Head, advises people to buy pieces they feel emotionally attached to, much as they would a painting.

- "It's got to speak to you, otherwise don't bother," he said.

Artificial flowers have come a long way. THE ASSOCIATED PRESS/ COURTESY MICHAELS

Fake the flower funk

Artificial plants. Add low-maintenance flair to home decor

If there's somewhere in your home that needs livening up but it's not practical to use real plants, consider using faux flowers and greenery.

And don't worry about it.

Decorators, or maybe your mother, used to tell you to skip the fake stuff if you wanted to stay classy. But improved manufacturing and materials are giving artificial plants and silk flowers a fresh reputation.

"The technology has come a long way. They look so real now it's hard to tell," says Kathie Chrisicos, designer and president of Boston-based Chrisicos Interiors.

Selection savvy

When you're shopping for faux, pay attention to detail. Manufactured plants and flowers should have the variations in colour, texture and density that live plants do, including the look of new and old growth, says Doug Hopeman, owner of the Nashville, Tenn.-based Artificial Plants and Trees. "The ability to create minute, intricate detail of everything about plants and trees helps make them more natural-looking than they were 10 years ago," he says.

You can choose from an array of products. People often choose real plants that aren't native to their region, so don't feel limited to the varieties found near you when buying artificial ones, says Jo Pearson, a creative expert with Michaels Stores. Current trends in greenery include palms and succulents, as well as potted herbs such as lavender and rosemary, and small leafy plants and ivies. Peonies, mums, dahlias, sunflowers and hydrangeas are among popular silk florals.

Perfect presentation

Artificial plants are easy to manipulate. You can bend stems and branches to make them reach toward natural light or fit into a certain space or container, and then change it up so it doesn't always look the same. "I've had people tell me my plant was really growing when, in fact, I'm just repositioning it occasionally," Pearson says.

For Stephanie Norris, the designer behind San Diego-based Cre8tive Designs Inc., using faux plants requires choosing the right containers, and accessories such as real soil, sand and stones. "It's a little more texture," she says. "It's dressing it up, which is really the finishing touch with using an artificial plant."

Outdoor interest

Some homeowners mix artificial greenery into their landscaping in areas where live plants don't thrive.

"It's that side of your house that has no light, and every season you're putting new topiaries out there," Hopeman says. "That's the perfect opportunity for an artificial plant."

Minimal maintenance

Because you don't have to prune, water or fertilize faux foliage and florals, they're perfect for people who don't have a green thumb, who travel a lot or who have allergies.

Keeping artificial plants looking their best usually requires no more than dusting or wiping with a damp cloth. Many can be rinsed off in the shower or outdoors with a hose on a gentle setting.

THE ASSOCIATED PRESS

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Ex-referee hopes others can gain from his loss

Concussion symposium. Sidelined official joins with scientific community to talk brain injuries at See The Line

DAVE LANGFORD
dave.langford@metronews.ca

A concussion sidelined Brad Beer for good after 18 years as a referee in the OHL. MIKE DONACHIE/METRO

It was Jan. 10, 2011, and Brad Beer was refereeing an OHL game between the Oshawa Generals and Barrie Flyers.

Nothing unusual about that. After all, the Londoner had been refereeing in the league for 18 years, and several Memorial Cup national junior hockey championships were on his resumé.

However, it turned out to be his final game.

"I skated into the side glass, lost my peripheral and they pulled me off the ice," Beer said of the first-period incident.

"The glass and the boards caught me (from falling)."

He was diagnosed with a concussion that he had suffered two nights earlier during a game in Windsor. And it was a concussion that led him to give up the game.

Beer's story was just one of many leading up to the two-day See The Line concussion research and awareness symposium at Western University.

More than 500 people packed a Western amphitheatre Wednesday to listen to experts from Western and Boston tell their stories about where we're at in the ongoing battle to reduce head injuries.

Former NHL star Eric Lindros, whose career was shortened by continuing concussions, was the honorary chair as Western and local hospitals combined for the talks, a dinner and a fundraising golf tournament taking place Thursday at Sunningdale.

Like many, Beer's concussion was overlooked at the time. He clipped skates with a player, fell backward and hit the ice hard. Fortunately, his helmet took the major blow.

"If I didn't have a helmet on, I might be sipping from a straw right now," he told Metro.

Beer, now 46 and a broker at May-McConville Insurance in London, went to work the next day — the off day between his two scheduled games. But he didn't last long.

"I was having headaches, I wasn't feeling well. I was nauseous," he recalled. "I went home and slept."

On game day, he said he felt well enough to work, making the three-hour drive to Barrie. He refereed the first period, and then began an 18-month odyssey of doctors, hospitals, MRIs and, ultimately, recovery.

Beer said while it was his first "diagnosed concussion," it was clearly not his first brush with the injury.

"During my treatment, I worsened, rather than improved. Most people start to improve, I worsened," he said, as doctors suggested there may have been some brain bleeding.

An emergency MRI ruled that out, but did not stop the ringing in his ears, balance issues, light sensitivity, the inability to focus and some personality challenges.

"I was a bit of a bear to live with. My wife (Laura) said she noticed a change," Beer said. "She found I had a shorter fuse. Was not my joyful self, I guess."

Beer said the Pittsburgh Penguins' Sidney Crosby's concussion challenge almost matched his timeline, and watching the superstar go through it helped him get through the ordeal.

After 18 months, Beer said he is close to his old self.

"I'd like to say I am 100 per cent, but what is 100 per cent?" he said. "But I am much, much better."

Quoted

"The message I would send to others, players or officials: Don't rush back. Clearly make sure you are OK to play." **Brad Beer's** advice to others on concussion recovery.

Boston brain trauma expert McKee walks the line

Even with Eric Lindros as the honorary chair, the top spot at See The Line clearly belonged to keynote speaker Dr. Ann McKee.

McKee, a professor of neurology and pathology, is co-director for the centre for the study of traumatic encephalopathy at Boston University.

Chronic traumatic encephalopathy (CTE) disease is a neurodegenerative disease linked to repeated brain trauma. And Boston University has been the organization tracking why so many athletes — NFL players in particular — are dying early after concussions, some by suicide.

Ann McKee
COURTESY BU.EDU

Former NFL all-star Junior Seau committed suicide in May 2012, and his brain was sent to the Boston school for examination.

"When you have a person who has been so recently an active player, well loved by his team ... and then to take his own life, that really puts a poignancy and an immediacy to the work," McKee said during a break Wednesday.

She said they have collected several brains for examination, including five CFL players.

"With American football there is a huge awareness now, we are getting brain donations from the older players," she said.

Hockey is not excluded. The brain of former NHL enforcer Derek Boogaard, who died at the age of 28, is also in Boston.

"He also was exhibiting strange behaviour. Was getting disoriented, difficulty remembering things. It was unclear how much of that was drug related. He was in and out of rehab," she said. "At the time of his death, it was about six months out from a concussion.

"And he died of a drug overdose. And again, in his brain we saw the unmistakable presence of CTE. There is a lingering question of how much of his behaviour and his difficulties and even drug use were related to the disease," she said.

McKee said not just concussions have lead to CTE in the cases they have examined.

"They all had brain trauma. They don't always all have concussions. ... If you are an enforcer, it's part of hockey."

DAVE LANGFORD/METRO

4 SPORTS

Conditional discharge

Former Knights coach pleads guilty to assault

Montreal Canadiens prospect Nathan Beaulieu and his father, former Sarnia Sting coach Jacques Beaulieu, have pleaded guilty to assault and were granted conditional discharges.

They were charged with assault in April after an altercation at a house party that left two people with minor injuries. Lawyer Patrick Ducharme said the ruling will allow the men to continue their hockey careers.

"That means that there is no conviction registered," Ducharme said. "The court accepts their taking responsibility for it, but instead of convicting the accused they gave each of them a discharge."

Jacques Beaulieu
GETTY IMAGES FILE

The Canadiens took Beaulieu 17th overall in the 2011 NHL draft. He played six games with Montreal last season, recording two assists.

Jacques Beaulieu, also a former assistant coach with the London Knights, was fired as general manager and coach of the OHL's Sting in late May after he was charged with assault.

Co-owner Rob Ciccarelli said at the time that "the reasons for his dismissal are not related to the on-ice performance of our hockey club." THE CANADIAN PRESS

Meet the team

Knights plan autograph session for Aug. 21

The London Knights are reaching out to fans as they prepare for the 2013-14 season.

All players from last year's OHL championship-winning team will be signing autographs from 5:30 to 6:30 p.m. on Aug. 21 at Budweiser Gardens.

METRO FILE

People are asked to bring only one item each to be signed. Entry will be through Gate 4 (off Dundas Street) after 4:30 p.m. METRO

Pain and gain: Aching Cabrera carries Tigers past White Sox

MLB. Reigning AL MVP blasts three-run homer as Detroit wins for first time in four games

Miguel Cabrera probably shouldn't even have been playing Wednesday.

Hard to tell, though, after the aching slugger hit a majestic three-run homer in the third inning to spark the Detroit Tigers to a 6-4 victory over the Chicago White Sox.

With a day game following an extra-inning night game, and with a crucial five-game series against a division rival coming up this weekend, the rest would have been a prudent prescription for the leg injury Cabrera's been playing with for several days.

"He actually has a shin that's all black and blue," Jim Leyland said. "It terrible, it's terrible looking, but it actually looked a little bit better today. He's still pretty sore. As a manager, you almost feel bad playing him. I can tell that he's hurting, but he wanted to play today, so I put him in there."

On Wednesday

6	4
Tigers	White Sox

Leyland certainly didn't feel bad about the decision afterward. The home run erased an early three-run deficit and gave the Tigers some much needed momentum.

"He's been banged up for about a week," teammate Torii Hunter said of Cabrera. "Miggy, instead of him having to run, he just hits the home run."

Cabrera has homered in five of the last six games.

Despite allowing a season-high 11 hits, Tigers starter Rick Porcello (9-6) allowed just three runs in six innings. Porcello hasn't lost a decision since June 30 at Tampa Bay.

Porcello got off to a miserable start, giving up three runs on four hits in the first inning. Worse, he needed 40 pitches to get the first three outs of the game. Avisail Garcia, and Conor Gillaspie had run-scoring singles, with the other run coming on a sacrifice fly by Jeff Keppinger.

After Cabrera tied the score with his 38th homer, the Tigers broke the game open in the top of the sixth, thanks to some clutch hitting and a White Sox miscue. Omar Infante drove in the go-ahead run with a single, and the final two runs came courtesy of an error by Gillaspie, the third baseman.

The White Sox added a run in the bottom of the eighth on a run-scoring single by Alexei Ramirez to make it 6-4.

Taking no chances, Leyland brought in closer Joaquin Benoit with one out in the eighth. Benoit then proceeded to strike out Adam Dunn and Garcia to end the inning without further damage. He worked out of another jam in the ninth inning for his 15th save in 15 chances. THE ASSOCIATED PRESS

Miguel Cabrera and White Sox catcher Tyler Flowers watch Cabrera's three-run home run leave the ballpark in Chicago on Wednesday. BRIAN D. KERSEY/GETTY IMAGES

Blue Jays bid bon voyage to utility man Bonifacio

The Blue Jays traded Emilio Bonifacio to the Royals on Wednesday for a player to be named later or cash. THE ASSOCIATED PRESS FILE

The Toronto Blue Jays made a splash last off-season when they acquired Jose Reyes, Mark Buehrle, John Buck, Emilio Bonifacio and Josh Johnson from the Miami Marlins.

That trade didn't get the expected results for Toronto, and general manager Alex Anthopoulos is moving the team in a different direction.

Bonifacio was traded by the Blue Jays on Wednesday to the Kansas City Royals for a player to be named later or cash, while Johnson will have an MRI to see how long it will take for him to recover from a strained right forearm.

"Clearly they haven't played and performed the way we expected them to when we acquired them, there's no doubt about that at all," said Anthopoulos when asked if he was second guessing the Marlins deal. "But the process, when you go into these things you know there's no guarantees of performance.

"Sometimes you have guys that perform a lot better than you thought they could both internally and externally."

Bonifacio hit .218 as a utility player this season with three home runs, 20 runs batted in and 12 stolen bases. He saw time at second base, shortstop and all three outfield positions. Kansas City claimed the 28-year-old on waivers, forcing Anthopoulos to strike a deal.

"We loved the guy, what he brings to the park," said Blue Jays manager John Gibbons. "He shows up to play, he could make some things happen, there just wasn't enough consistency there." THE CANADIAN PRESS

Roster moves

- Trading Emilio Bonifacio cleared space on the roster for outfielder Kevin Pillar, who was recalled from Triple-A Buffalo.
- Toronto also announced that outfielder Colby Rasmus was on the 15-day disabled list and recalled popular infielder Munenori Kawasaki.

Horoscopes

♈ Aries
March 21 - April 20
If you start your day early and finish it late, you will get through ten tasks to every one your rivals manage to complete. Your momentum will keep you going through tomorrow and into the weekend.

♉ Taurus
April 21 - May 21
You seem to be torn between options, unable to decide which is the best route. Sit quietly for a few minutes and let your intuition guide you. Deep down you already know what the answer is.

♊ Gemini
May 22 - June 21
Ignore those who say you are going to fail, they don't know what they are talking about. Equally likely is that they fear your efforts will bring you huge success, making them look bad. Good — go for it!

♋ Cancer
June 22 - July 23
You don't have to face a tough situation alone today. You have friends all around you. All you have to do is reach out to them and they will gladly assist.

♌ Leo
July 24 - Aug. 23
With Mercury in your sign linked to genius planet Uranus, you will come up with ideas that could change the world. Even if you don't want to go that far, you can certainly change your life for the better.

♍ Virgo
Aug. 24 - Sept. 23
The next 24 hours may be a bit too noisy for your tastes but you will get through it OK. Instead of trying to avoid loud people why not, for a short time, get loud yourself.

♎ Libra
Sept. 24 - Oct. 23
Do what makes you feel good, rather than what makes others feel good. You have every right to pursue your own happiness and prosperity. Anyone who tells you otherwise is a fool.

♏ Scorpio
Oct. 24 - Nov. 22
Changes in your career or social life may make it difficult to plan ahead but that is not a bad thing. Today's Mercury-Uranus link will throw up an unexpected opportunity. Grab it with both hands.

♐ Sagittarius
Nov. 23 - Dec. 21
Sometimes it's OK to get angry. In fact, if someone annoys or provokes you today you must let them know about it in up-front terms. Some people, sadly, are simply too dim to learn any other way.

♑ Capricorn
Dec. 22 - Jan. 20
The best cure for doubt is action, so throw yourself at what you have to do today and forget everything else, at least for a while. You will find that what you have been worrying about is of no concern.

♒ Aquarius
Jan. 21 - Feb. 19
You may look cool and calm to the world at large but deep down you are actually a sensitive person and you must not try to deny it. Let your passion drive your actions.

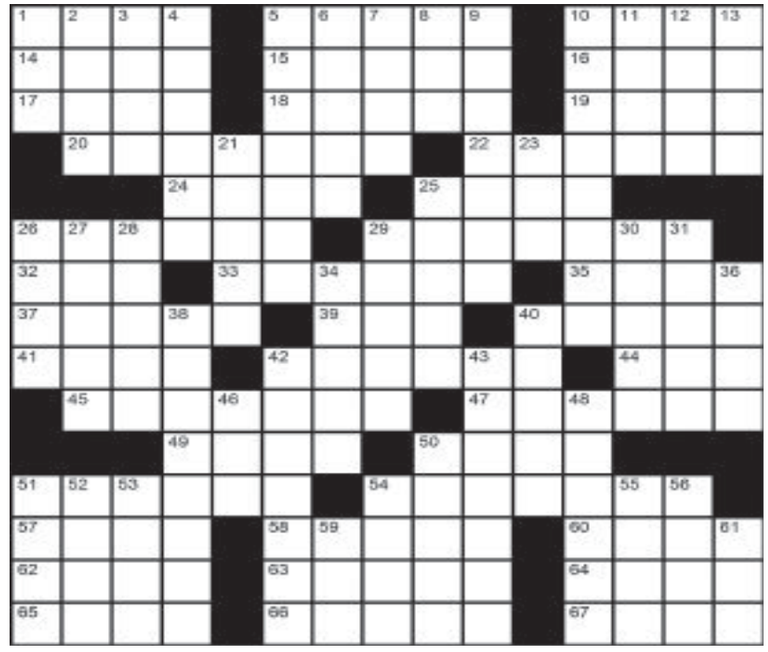
♓ Pisces
Feb. 20 - March 20
Open your mind to new possibilities, especially where money and related matters are concerned. Your instincts will guide you in the right direction.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



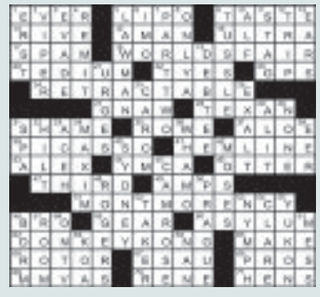
Across

1. Alphabet sequence
5. Military doc
10. Person, place or thing
14. __ mortals
15. Andrew Lloyd Webber musical
16. Competent
17. Regrettably
18. "__ '__ In": Wings song that goes "Someone's knockin' at the door."
19. Canadian hardware store
20. "Danny's Song" by Loggins and __
22. Belovedly win over
24. Superlative suffix
25. Move like a river
26. Art stands
29. Hybrid pastries currently a craze
32. Understood
33. Cowboy's prop
35. Dubai, United __ Emirates
37. Canadian actor Paul
39. Prince Valiant's son
40. Talk in a monotone
41. Colonnade of ancient Greek architecture
42. Machu __ (Inca archaeological site)
44. Stage actress Ms. Hagen
45. Toronto-born actress Ms. Watson whose name is Western-inspired
47. 2009 James Cameron movie
49. Vegetable variety
50. Dish of the day, __ du jour
51. Keep your cool: 2 wds.
54. __ cheese sandwich
57. __ the crack of dawn: 2 wds.
58. Detached in manner
60. Land amount
62. Ms. Remini
63. #10-Down's expression: "Doot __ Doot Doo..."
64. Certain carpet
65. Mr. Affleck's
66. County in England
67. "No Particular Place __ __" by Chuck Berry

Down

1. ABC's early li'l daytime show
2. Leadership position
3. "Dies __": Latin hymn meaning 'Day of Wrath'
4. Brit singer, __ J
5. "Canadian Idol" Season 3 winner Ms. O'Neil
6. Function
7. Ms. Von Teese
8. 'Meteor' suffix
9. Realm of Arthurian†legend
10. Interviewer, __ the Human Serviette
11. Woodwind
12. Forearm bone
13. Within earshot
21. Markets
23. Quebec turndown
25. Swiss currency
26. Scrambled servings
27. Major artery
28. "Cheers" seat
29. Approximately, in dates
30. Speckled fish
31. New†Mexico's capital, __ Fe
34. Broadway baritone John (b.1917 - d.2005)
36. Grizzly or Polar
38. Days of rest
40. Village in Saskatchewan
42. Fabricated beforehand
43. Nova Scotia's capital
46. Sushi bar's 'Unagi'
48. Etta James song Beyonce covered: 2 wds.
50. Worker, informally
51. Baby tulip
52. Sword sort
53. Scott of "Hawaii Five-0"
54. Mucky matters
55. Bon __ Provincial Park, ON
56. Pull along
59. 'L' in L.A.
61. Identity part

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					7	4		
			6	8		7		
2	9	7				3		
8			7		4		6	
	3						9	
	7		8		1			4
		2				9	5	3
		4		6	2			
		3	5					

Yesterday's Sudoku

1	8	2	7	5	6	3	9	4
6	5	4	9	3	1	2	7	8
3	9	7	8	4	2	5	1	6
2	3	6	5	9	7	8	4	1
5	7	1	2	8	4	9	6	3
8	4	9	6	1	3	7	2	5
4	1	5	3	2	9	6	8	7
7	2	3	4	6	8	1	5	9
9	6	8	1	7	5	4	3	2

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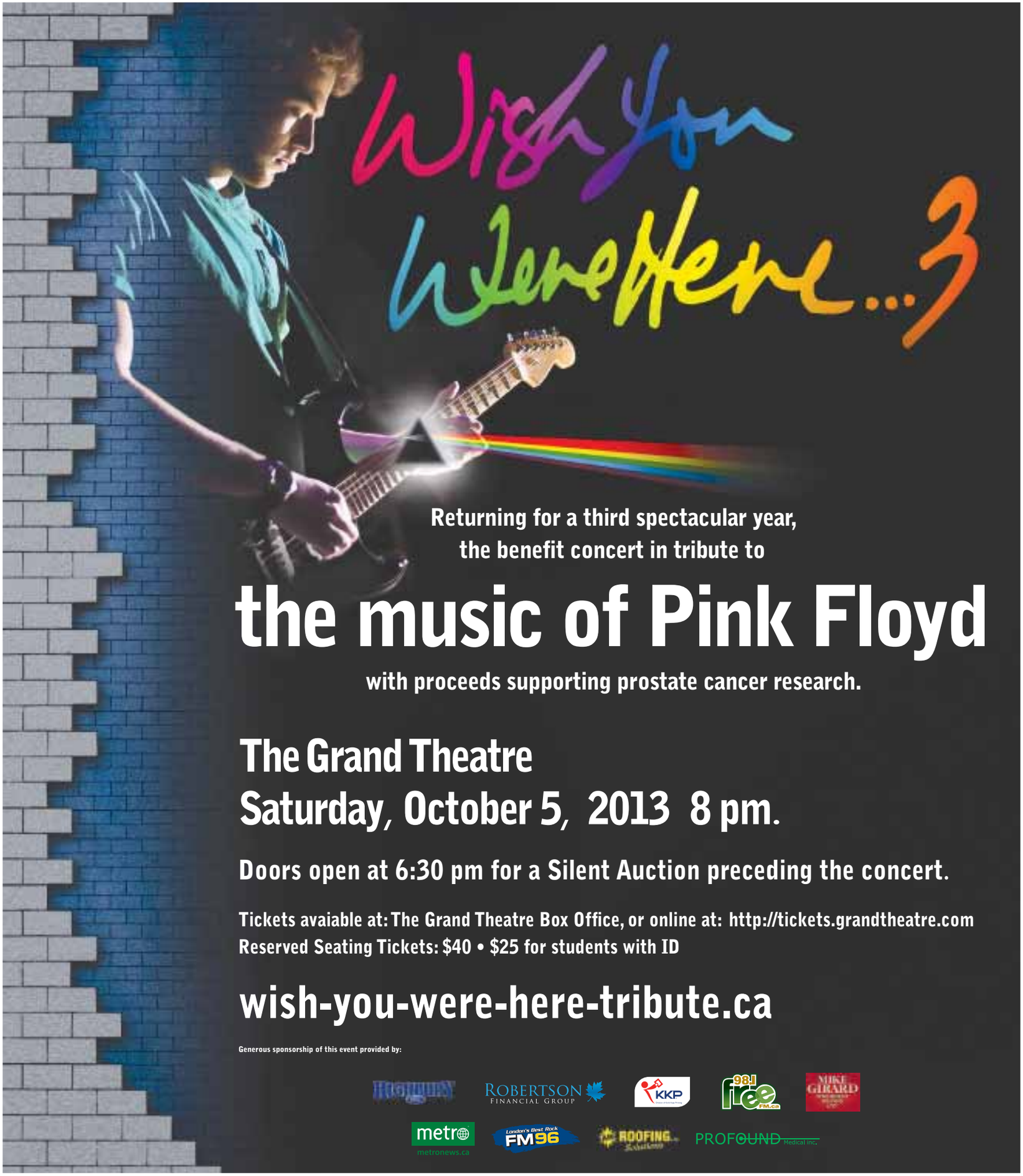
Wish You Were Here...3
Returning for a third spectacular year,
the benefit concert in tribute to
the music of Pink Floyd
with proceeds supporting prostate cancer research.
The Grand Theatre
Saturday, October 5, 2013 8 pm.
Doors open at 6:30 pm for a Silent Auction preceding the concert.
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Reserved Seating Tickets: $40 • $25 for students with ID
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